INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MARCH 1, 1933 (WEDNESDAY)

# THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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## FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

| Every meal -- Milk for children, bread for all. | |
|---|---|
| Every day -- | Two to four time a week -- |
| Cereal in porridge or pudding | Tomatoes for all |
| Potatoes | Dried beans and peas or peanuts |
| Tomatoes (or oranges) for children | Eggs (especially for children) |
| A green or yellow vegetable | Lean meat, fish, or poultry or cheese |
| A fruit or additional vegetable | |
| Milk for all | |

## DRIED BEANS OR PEAS, AND WHY

When nutritionists are planning low-cost diets, they always put in plenty of beans. Use dried beans or dried peas two to four times a week, advises the Bureau of Home Economics of the U. S. Department of Agriculture, in its "Family food guide to low-cost diets." That, of course, is on the assumption that there will be a limited supply of other foods. Beans are very cheap and very filling -- but, more than that, they have very special values which may be lacking when other foods are out of reach. This is true of beans of all kinds, peas of all kinds -- in fact, of all the legumes, or edible plants belonging to the pulse family.

Probably the most important substance in beans and peas is their protein. Most vegetables are not remarkable for their protein content. The legumes, however, not only have a great deal of it, but they have a kind more nearly like the pro-

teins of milk, cheese, eggs, lean meat, or other animal foods than have other vegetables. If you can not have meat for dinner, baked beans, for example, or bean soup, or plain boiled beans fill the gap rather better than most other cheap dishes.

The calcium and vitamin B. content of the dried legumes is also good, and they have more fat than most vegetables, as well as more protein. It is not hard to see, then, why they are important when other, more expensive foods are out of reach. They are an energy-yielding, and a building food, with some protective value -- thus are many sided, though not by any means complete in nutritive values. They are a standby for the further reason that with their several nutritive values, they have bulk, and "stick to the ribs."

Dried beans or peas of almost any kind are usually cheap, but just now, with an unusually large Michigan crop this year, navy beans are down as low as 2 or 3 cents a pound. These white pea-beans are our biggest bean crop, as a rule, and most of them are grown in Michigan and New York. But there are also the little brownish -pink speckled Mexican variety, Pinto beans, grown extensively in Colorado and the Southwestern States; the Great Northern beans of the Northwestern States, a little white variety much like the navy bean; Lima beans, which come chiefly from California; and black-eyed peas, which take the place of navy beans in the South, and are more abundant, because they are the fruit of a crop grown chiefly for fertilizer and forage.

Dried beans and dried peas may be used interchangeably in most recipes, though the cooking time varies somewhat with the different kinds. Canned, cooked beans are a substitute which saves both time and fuel. They need only to be heated, and are also cheap.

Beans, salt pork and onions are the usual combination in bean dishes, but this can be varied by adding tomato sauce, and again by adding ground meat, as in Chili con carne. Then there are such excellent dishes as scalloped beans, with or without tomatoes, and the mixture of rice and black-eyed peas known as Hopping

John. A good salad, or a good sandwich may be made of cooked dried beans and shredded cabbage or carrots, with onion. Or cooked, mashed beans, seasoned with salt pork and onions, may be molded into cakes and browned in fat like potato cakes.

As almost equivalent to that ever-popular bean dish -- baked beans -- but not requiring the same long hours of baking, try baked mashed beans, using the accompaning recipe.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

| | |
|---|---|
| Bread | 12 - 16 lbs. |
| Flour | 1 - 2 " |
| Cereal | 4 - 6 " |
| Whole fresh milk, or | 23 - 28 qts. |
| Evaporated milk | 25 - 31 tall cans |
| Potatoes | 15 - 20 lbs. |
| Dried beans, peas, peanut butter | 1 - 2 " |
| Tomatoes, fresh or canned, or citrus fruits | 6 " |
| Other vegetables (including some of green or yellow color) and inexpensive fruits | 15 - 20 " |
| Fats, such as lard, salt pork, bacon, margarin, etc. | $2\frac{1}{2}$ " |
| Sugar and molasses | 3 " |
| Lean meat, fish, cheese, and eggs | 5 - 7 " |
| Eggs (for children) | 8 eggs |

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LOW-COST MENU FOR ONE DAY

Breakfast

Prunes
Hot Cereal - Toast
Tomato Juice for youngest child
Coffee (adults) - Milk (children)

Dinner
Baked mashed Beans
Stewed Tomatoes
Brown Bread or Graham Muffins
Tea (adults) - Milk (children)

Supper
Cottage Cheese Salad
Bread and Butter
Cocoa
Canned Fruit

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# RECIPES

## Baked Mashed Beans

1-1/2 pounds navy beans
6 cups water
2-1/2 teaspoons salt
1/2 pound salt pork, diced
2 small onions, chopped
4 tablespoons molasses

Wash and soak the beans overnight in the six cups of water. In the morning, drain, add 2 quarts of fresh water, 1-1/2 teaspoons of the salt, cover, and simmer until the beans are very tender. Drain and reserve the liquid, and press the beans through a colander. Cook the salt pork until crisp, remove the pork and cook the onions in the fat. Add the pork, onions, molasses, and the remaining salt to the bean pulp with enough of the liquid to moisten. Put into a shallow pan and brown in a hot oven. Serve from the pan.

## Boston Baked Beans

2 cups dried beans
1/2 pound salt pork
4 tablespoons molasses
1 teaspoon mustard, if desired
1-1/2 teaspoons salt(depending on saltiness of pork)

Soak the beans overnight in cold water to cover. In the morning,drain,add a quart of fresh water, simmer for 45 minutes, or until the beans begin to soften, and drain. Score the rind of the salt pork and put half of the pork in the bottom of the bean pot. Add the beans, mix the molasses and other seasonings with a little hot water,and pour over the beans. Add enough hot water to cover. Place the rest of the salt pork on top, cover the pot, and cook the beans in a slow oven(about 250°F.) for 6 or 7 hours. Add a little hot water from time to time to replace that which cooks away and is absorbed by the beans. Keep the lid on the bean pot until the last hour of cooking, then uncover, and allow the beans and pork on the top to brown.

## Baked Onions stuffed with Beans

Cut large onions in half, simmer in lightly salted water until almost tender. Lift the onions out and remove the center rings, chop, and mix with cooked or canned beans. Season to taste with salt and pepper and fill the onion shells with the mixture. Sprinkle bread crumbs on top and bake in the oven until the onions are tender and brown on top.

## Chili con Carne

2 cups cooked beans
1/4 pound salt pork
1/2 pound ground lean beef
1/4 cup chopped onion
2 cups tomatoes
1 tablespoon chili powder

Cut the salt pork into 1/8 inch cubes and brown in a skillet. Add these cubes to the beans. Brown the chopped onion in the salt pork fat. Add the ground beef and cook slowly for 5 minutes. Combine with the beans and other ingredients. Cook until meat is tender and the flavors well blended.

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INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
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RELEASE FOR PUBLICATION
MARCH 8, 1933 (WEDNESDAY)

WASHINGTON, D. C.

# THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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## FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

| Every day -- | Two to four times a week -- |
|---|---|
| Cereal in porridge or pudding | Tomatoes for all |
| Potatoes | Dried beans and peas or peanuts |
| Tomatoes (oranges) for children | Eggs ( especially for children) |
| A green or yellow vegetable | Lean meat, fish, or poultry or cheese |
| A fruit or additional vegetable | |
| Milk for all | |

## VEGETABLE COOKERY AND FOOD VALUES

The best of foods can be ruined in the cooking. But "ruined" may mean different things to different people. To sacrifice flavor or texture or color is bad, of course. To sacrifice food value is worse, especially in a household that must count its pennies and buy its food with strict economy in food values. Nutrients -- the most and best for the money -- are the main things to consider there.

Because it is so important to keep as much as possible of the original values of the raw foods, the Bureau of Home Economics of the U. S. Department of Agriculture is continually studying cookery methods, especially for vegetables. So far nobody has found a way to cook vegetables without some loss of nutritive value, but the scientific cook can keep that loss to a minimum.

Loss of food value in cooking is due in part to the fact that some of the nutritive materials in the vegetable dissolve in water. This is true of some of

the vitamins and mineral salts, some of the proteins, the sugars, and even some of the starch. The more water, and the greater the cut surface of the vegetable, the greater this loss becomes. Therefore, says the expert, cook the vegetable whole when you can. Use as little cooking water as you can, and serve the liquid with the vegetable, or else in soup, or sauce, or gravy. Cook the vegetable only long enough to make it tender. Overcooking makes it flabby, soft, or mushy, and causes greater loss of nutritive values.

Other losses that occur in cooking are due to chemical changes, especially oxidation. The oxygen in the air, in the cooking water, or in the vegetable itself,may cause this chemical change. Heat also causes chemical changes, which vary with the cooking time.

Mineral salts are lost because they are soluble and because the vegetable tissues break down from overcooking and release the vegetable juices. In most of the vegetables, the greatest loss in cooking is of vitamin C, which is soluble in water, and easily destroyed by heat. Tomatoes are an exception to this, because the acid of the tomato protects its vitamin C. In general, to preserve this vitamin as far as possible, cook quickly in boiling water. Vitamin B, also soluble in water, is less easily destroyed by heat, and therefore much of it can be saved by saving and using the cooking water. The same is true of vitamin G. Vitamins A and D are not readily destroyed in cooking.

From the standpoint of food value, baking a vegetable in its skin or in a casserole is the best cooking method, but it does require more fuel than top-of-the-stove cooking. Potatoes, squash, cucumbers, tomatoes, and onions, for example, contain enough water to form steam and keep them moist, and the skin holds in the steam. The baking should be slow, with moderate oven. In casserole cooking the earthenware baker, or heavy glass container, with a close-fitting lid, takes the place of the vegetable skin by holding in the steam and juices.

Boiling, though it requires less fuel than baking, calls for greater precautions to prevent loss of food value. For cabbage, turnips, onions, cauliflower, and Brussels sprouts, use only enough water to cover, and boil gently. Cook green vegetables, such as turnip tops, kale or other green leaves, in a very small amount of water, or none except that which clings after washing.

Panning is an excellent top-of-the-stove method, and very economical. Cut the vegetable into small pieces and cook it in a flat covered pan, with a little fat to prevent sticking. The water that cooks out evaporates, so there is no extra liquid, and the cooking time is so short that the loss of vitamins is slight. Kale or cabbage panned in milk are good variations of this method.

Frying is the cooking method which gives a flavor all its own. The hot fat causes the starch in the vegetable to brown, or dextrinize, and some of the sugar to caramelize, thus developing the characteristic flavor of fried foods.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

| | |
|---|---|
| Bread | 12 - 16 lbs. |
| Flour | 1 - 2 " |
| Cereal | 4 - 6 " |
| Whole fresh milk, or | 23 - 28 qts. |
| Evaporated milk | 25 - 31 tall cans |
| Potatoes | 15 - 20 lbs. |
| Dried beans, peas, peanut butter | 1 - 2 " |
| Tomatoes, fresh or canned, or citrus fruits | 6 " |
| Other vegetables (including some of green or yellow color) and inexpensive fruits | 15 - 20 " |
| Fats, such as lard, salt pork, bacon, margarin, butter, etc. | $2\frac{1}{2}$ " |
| Sugar and molasses | 3 " |
| Lean meat, fish, cheese, and eggs | 5 - 7 " |
| Eggs (for children) | 8 eggs |

# LOW-COST MENU FOR ONE DAY

## Breakfast

Fried Mush - Syrup
(Mush as cereal for youngest child)
Coffee (adults) - Milk (children)

## Dinner

Bacon
Panned New Cabbage with Bacon Drippings
Creamed Potatoes
Tea (adults) - Milk (children)

## Supper

Cream of Vegetable Soup
Bread & Butter
Apple Sauce
(canned or fresh)
Milk for children

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## RECIPES

### Panned New Cabbage

3 quarts shredded or chopped cabbage
4 to 6 tablespoons bacon fat
Salt and pepper

Put the fat in a frying pan, add the cabbage, cover to keep in the steam. Cook slowly and stir occasionally. When the cabbage has lost some of its crispness but still is green, sprinkle with pepper, more salt if needed, and serve at once.

### Browned Parsnips

Scrub parsnips clean, drop into lightly salted, boiling water, and cook for 20 to 30 minutes, or until tender. Drain, scrape off the skin, split lengthwise, and pull out the stringy cores. Dip the pieces in flour and fry in fat until golden brown. Or mash the parsnips after the cores have been removed, season, and form into small cakes before frying.

### Cream of Vegetable Soup

2 tablespoons finely chopped turnips
2 tablespoons finely chopped carrots
2 tablespoons finely chopped onions
2 tablespoons melted fat
1 tablespoon flour
1 quart milk
1-1/2 teaspoons salt

Cook the finely chopped vegetables in the fat for 10 minutes, add the flour and stir until all are well blended. In the meantime heat the milk in a double boiler, add a little of it to the vegetable mixture, stir well, combine with the rest of the milk, add the salt, and cook for 10 minutes. The flavor is improved if the soup is allowed to stand for a short time to blend before serving. Reheat and serve. Use evaporated milk or dried milk powder instead of fresh milk if cheaper.

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INFORMATION FOR THE PRESS

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WASHINGTON. D. C.

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MARCH 15, 1933 (WEDNESDAY)

# THE MARKET BASKET

By
The Bureau of Home Economics, U. S. Department of Agriculture.

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## FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

| Every day -- | Two to four times a week -- |
|---|---|
| Cereal in porridge or pudding | Tomatoes for all |
| Potatoes | Dried beans and peas or peanuts |
| Tomatoes (or oranges) for children | Eggs (especially for children) |
| A green or yellow vegetable | Lean meat, fish, or poultry or cheese |
| A fruit or additional vegetable | |
| Milk for all | |

## USING THE CORN PRODUCTS

For a cheap dinner, there is much to be said for the old-fashioned combination of pork and hominy. With plenty of gravy, of course--milk gravy, if possible--pork and hominy make a substantial meal. For good balance, however, suggests the Bureau of Home Economics of the U. S. Department of Agriculture, something else is needed in that meal. Add kale, or collards, or cabbage, or other greens, or tomatoes.

There you have a very excellent balanced meal; and a very cheap one. Hominy, either as grits, samp, or pearl hominy, is never expensive. In some places you may be able to buy lye hominy, or to make it. And lye hominy is considered by many people the very best of all. Pork is cheap, and greens, of one kind or another, or canned tomatoes, also cost very little.

Cheapest of all the corn products, of course, is corn meal, the Southern staff of life. In ash cake, hoe cake, corn dodger, johnny cake, crackling bread, corn cakes, corn pone, corn muffins, spoon bread -- from the plain meal-and-water mixture to a combination of eggs, milk, and meal that makes one of the richest of all the quick breads -- corn meal serves all types of homes, rich or poor.

Like other grains, however, corn is most important as an energy-yielding food. And, also like other grains, it loses some of its best food values in the ordinary milling process. "Old process" meal, water-ground meal, retains more of its protein, its minerals, and its vitamin B than does fine meal. Yellow corn and yellow corn meal contain more vitamin A than white corn or white corn meal.

It is important to remember, when food is scarce, that even whole-ground meal, or whole grain cereals of any kind, should be used with milk. In fact, the bureau tested and proposed, some two years ago, a mixture of corn meal and dried skimmilk -- "reinforced" corn meal -- which was made available in a few places at that time. Recently, in New York -- at the suggestion of the State College of Home Economics -- the Grange-Dairymen's League-Farm Bureau cooperative has been distributing a similar mixture through its local branches. Such a product, says the Bureau of Home Economics, might well be distributed by relief agencies and by cooperative organizations in other parts of the country.

Corn meal and milk is a good basis on which to build a low-cost diet, because of the energy-yielding values of the meal, and the body-building and protective values of the milk. But other food materials are needed, too, such as are found in greens. That is the reason for the suggestion of greens in a pork-and-hominy dinner. Tomatoes would be equally good. The point is not to rely exclusively on grain foods, even with milk. Avoid a deficiency of the important minerals and vitamins by using some vegetables or fruits.

With the exception of "roastin' ears" in the summer, corn and corn products of all kinds are usually among the cheapest foods at any time of the year. Canned

corn is selling now four 20-ounce cans for a quarter. And eggs are getting cheap enough, perhaps, to bring corn pudding into the bill of fare -- a dish that is substantial enough, with its eggs and milk and corn, to use without meat or potatoes if need be. A still more substantial canned-corn dish is corn, tomatoes, and cheese on toast. Nor should succotash with canned corn and beans be overlooked; nor, for lunch or supper, say, corn batter cakes or corn fritters.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children.

| | |
|---|---|
| Bread | 12 - 16 lbs. |
| Flour | 1 - 2 " |
| Cereal | 4 - 6 " |
| Whole fresh milk, or | 23 - 28 qts. |
| Evaporated milk | 25 - 31 tall cans |
| Potatoes | 15 - 20 lbs. |
| Dried beans, peas, peanut butter | 1 - 2 " |
| Tomatoes, fresh or canned, or citrus fruits | 6 " |
| Other vegetables (including some of green or yellow color) and inexpensive fruits | 15 - 20 " |
| Fats, such as lard, salt pork, bacon, margarin, butter, etc. | $2\frac{1}{2}$ " |
| Sugar and molasses | 3 " |
| Lean meat, fish, cheese, and eggs | 5 - 7 " |
| Eggs (for children) | 8 eggs |

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LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cereal - Whole Wheat Toast
Tomato juice for youngest child
Coffee (adults) - Milk (children)

Dinner

Hominy and Sausage
Creamed Panned Kale
Bread and Butter
Tea (adults) - Milk (children)

Supper

Hot Baked Apples with Raisins
Hot Spoonbread
Milk for all

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# RECIPES

## Hominy and Sausage

6 cups cooked hominy
1 cup milk
1 teaspoon salt
1 pound sausage meat

Heat the hominy with the milk and salt in a double boiler. Fry the sausage until crisp and brown. Remove the sausage meat and mix with the hominy. When well mixed spread the mixture in the frying pan used for the sausage. Cook over low heat until a crisp brown crust has formed, and serve on a hot platter.

## Creamed Panned Kale

Strip the kale from the midribs and discard them and the stringy portions. Wash the kale thoroughly in several waters, drain, and cut it into small pieces. For each quart of kale allow 2 tablespoons butter or other fat. Melt the fat in a skillet, add the kale, cover to keep in the steam, and cook slowly for 15 to 20 minutes. Sift a teaspoon of flour over the kale, mix well, pour in one-half cup of cream or milk, and stir until thickened. Season with salt and pepper and serve at once.

## Spoon Bread

1 cup corn meal
2 cups cold water
2 teaspoons salt
1 cup milk
2 or 3 eggs
2 tablespoons melted fat

Mix the meal, water, and salt, and boil for 5 minutes, stirring constantly. Add the milk, well-beaten eggs, and melted fat, and mix well. Pour in a well-greased hot pan or baking dish and bake for 45 to 50 minutes in a hot oven (400°F.) Serve from the baking pan.

## Baked Indian Pudding

1 quart milk
1/3 cup yellow corn meal
1 teaspoon salt
½ cup molasses
½ to 1 teaspoon ginger

Cook the milk, corn meal, and salt in a double boiler for 20 minutes. Add the molasses and ginger, pour into a greased baking dish, and bake in a very moderate oven (about 300°F.) for 2 hours. Serve hot.

## Tomato, Corn, and Cheese on Toast

3 tablespoons flour
3 tablespoons melted butter or other fat
2 cups canned tomatoes
1 onion, sliced
2 cups canned corn
2 teaspoons salt
¼ pound sharp cheese, shaved thin

Brown the flour in a heavy skillet, remove the flour from the skillet and blend with 2 tablespoons of the fat. Brown the onion in the remaining fat, add the other ingredients except the cheese, and cook for about 10 minutes. Stir in the cheese and when melted serve on thin crisp toast.

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# THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

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## FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

| Every day -- | Two to four times a week -- |
|---|---|
| Cereal in porridge or pudding | Tomatoes for all |
| Potatoes | Dried beans and peas or peanuts |
| Tomatoes (oranges) for children | Eggs (especially for children) |
| A green or yellow vegetable | Lean meat, fish, or poultry or cheese |
| A fruit or additional vegetable | |
| Milk for all | |

## SIX TYPES OF FOOD FOR THE FOOD BUDGET

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The weekly low-cost food budgets suggested by the Bureau of Home Economics of the U. S. Department of Agriculture call for six different types of food for the family. Even the baby should have some variety, the specialists say. The types of food suggested for the family budget are -- (1) milk and cheese; (2) bread, flour, cereals; (3) vegetables and fruits; (4) fats; (5) sugars; (6) eggs, lean meat, fish. The thousand and one different food commodities are classified in that way for two reasons: As a convenience in talking about them, and as a safeguard in planning meals. To think of foods by types or classes, rather than by commodities, helps to keep the emphasis on variety in the diet, and a certain variety is needed for balance and good health.

Balance is the first thing to consider in drawing up your market list. The less money you have the more difficult it is, of course, to work out a balance in nutritive values. But it is none the less essential. In fact it is the more essential to get not only the most food for your money but the utmost in food value. That means the most nutritious of the cheapest articles of each type.

So far as the first kind of food in the list is concerned -- milk -- the nutritive value is practically the same whether you buy fresh milk, evaporated milk, dried whole-milk powder, or an equivalent amount of dried skim milk and butter. Fresh milk in some localities is the cheapest milk. In other places, evaporated milk or dried milk powder may be the cheapest form. Cheese has practically the same nutritive value as the milk from which it is made. Plain American cheddar is the cheapest whole-milk cheese, cottage cheese is the cheapest of the skim-milk cheeses.

Of the second class of foods -- bread, flour or cereals in any form -- whole-grain or whole-ground cereals have higher food value than has white flour or white meal. But the highly milled white products are usually cheaper. Therefore, says the nutritionist, if you can not afford the whole-grain cereals all the time, try to use them at least sometimes -- put a fourth to a half of your cereal money, say, into whole wheat, whole-ground corn meal, rye, rolled oats, barley, or brown rice.

When it comes to the third group of foods, we find that some of the very best of the vegetables are the cheapest. Potatoes, for example -- Irish potatoes in the North, sweetpotatoes in the South. The bureau suggests potatoes every day for low-cost diets. Potatoes contribute mineral salts and vitamins, especially vitamin C, they are a source of energy and they are a filling food. Sweetpotatoes contribute also vitamin A.

But something green is necessary every day--something green or yellow. These colors indicate the presence of vitamin A, and in those same vegetables vitamins B, C, and G also are present in considerable amounts. Calcium and iron are found in the green leafy vegetables. Therefore, says the bureau, eat some greens, or else carrots, sweetpotatoes, yellow squash or yellow turnips, every day.

Onions, beets, canned corn, canned spring beans, canned peas are also in the list of cheap and useful vegetables at this time of year. Some of the cheaper fruits, such as apples, bananas, prunces, raisins, dried peaches, and apricots, can be included for variety of flavor as well as for mineral and vitamin values.

Then tomatoes. They are rich in mineral and vitamin values, and young children can take tomato juice. Tomatoes two to four times a week for all the family and every day for the baby, says the bureau.

Dried beans and peas or peanuts are suggested two to four times a week, for a low-cost budget. They make the best vegetable source of protein, and they are rich in calcium and vitamin B.

Fats can be counted upon only for energy value and flavor, with the exception of butter which contains vitamin A also. Sugar also is an energy-yielding food, refined sugar having no other value except this and its flavor. Molasses and brown sugar are more nutritious.

Eggs, lean meat, and fish are the best sources or protein other than milk. Eggs have high nutritive value in the vitamins A, B, D, and G contained in the yolk, and are especially important in the diet of children. Some fish--oily fish like salmon, sardines, and herrings--are good sources of vitamin A and vitamin D, and fish of all kinds serve the same purpose in the diet as beef, pork, lamb, or poultry.

## WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

| | |
|---|---|
| Bread | 12 - 16 lbs. |
| Flour | 1 - 2 " |
| Cereal | 4 - 6 " |
| Whole fresh milk, or | 23 - 28 qts. |
| Evaporated milk | 25 - 31 " |
| Potatoes | 15 - 20 lbs. |
| Dried beans, peas, peanut butter | 1 - 2 " |
| Tomatoes, fresh or canned, or citrus fruits | 6 " |
| Other vegetables (including some of green or yellow color) and inexpensive fruits | 15 - 20 " |
| Fats, such as lard, salt pork, bacon, margarin, butter, etc. | $2\frac{1}{2}$ " |
| Sugar and molasses | 3 " |
| Lean meat, fish, cheese, and eggs | 5 - 7 " |
| Eggs (for children) | 8 eggs |

## LOW-COST MENU FOR ONE DAY

### Breakfast

Rolled oats - Top Milk
Toast and Butter
Tomato Juice for youngest child
Coffee (adults) - Milk (children)

### Dinner

Corn Pudding - Potato Rolls
Cold Slaw
Stewed Dried Peaches
Tea (adults) - Milk (children)

### Supper

Hashed Brown Potatoes
Bread and Butter
Hot Cocoa

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## RECIPES

### Corn Pudding

3 eggs
2 cups canned corn; or
dried corn, soaked and cooked
2 tablespoons melted butter
1 teaspoon salt
Pepper
2 cups milk

Beat the eggs, add all the other ingredients, and more salt if necessary. Pour into a greased baking dish, place in a pan of hot water, and bake in a moderate oven (350° F.) for about 1 hour, or until set in the center. Corn canned Maine style--that is, with the grain scored and the pulp scraped out--is especially good for use in this kind of a dish.

## Potato Rolls

1 cup diced raw potato
2 cups water
1/2 cake yeast
4 cups sifted flour
1-1/2 teaspoons salt
1 tablespoon sugar
3 tablespoons fat

Cook the potato in the water until soft, drain, and save 1 cup of the potato water, or if necessary add more water to make 1 cup of liquid.. Rice the potato. Soften the yeast in the lukewarm potato water. Sift 3-1/2 cups of flour with thesalt and sugar. Rub in the fat with the tips of the fingers, and add the yeast liquid and the potatoes. Knead the dough until it springs back into placewhen pressed with the fingers, and add the remaining one-half cup of flour if required. Place in a greased bowl, grease the dough, cover, and let rise until double in bulk. Without kneading the dough again, pinch off small pieces, shape them lightlyand place by threes in greased muffin tins, to form clover leaf rolls. Let them rise again until double in bulk. Bake for about 25 or 30 minutes in a moderately hot oven (350° F. to 375° F.) until golden brown. Serve hot.

## Cocoa with Skim-Milk Powder

5 tablespoons cocoa
5 tablespoons sugar
Salt
1-1/4cups skim-milk powder
5 cups water

Mix the cocoa, sugar, salt, and water and boil for 10 minutes. Cool the mixture slightly. Add the milk powder slowly, beating constantly until smooth. Reheat and serve.

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# THE MARKET BASKET

By
The Bureau of Home Economics, U. S. Department of Agriculture

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## FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

| Every day -- | Two to four times a week -- |
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| Cereal in porridge or pudding | Tomatoes for all |
| Potatoes | Dried beans and peas or peanuts |
| Tomatoes (or oranges) for children | Eggs (especially for children) |
| A green or yellow vegetable | Lean meat, fish, or poultry or cheese |
| A fruit or additional vegetable | |
| Milk for all | |

## PLANT A VEGETABLE GARDEN FOR A CHEAP BALANCED DIET

"Grow your own food" -- or some of it at least. "Save by living at home." These are slogans of the State extension workers. The Bureau of Home Economics of the U. S. Department of Agriculture joins in the chorus, pointing out the contribution that a well planned garden can make to a balanced diet. That means a garden spot, of course, but often even a small backyard will yield green foods enough to count materially toward the variety necessary for a healthful, balanced diet.

Let us assume we have, or can find, the necessary garden space. A half-acre garden, we are told by those who know, can be made to furnish practically all the vegetables needed by a family of five throughout the summer, with some left over to can or store for the winter. Indeed, there is a record of a one-acre garden in South Carolina that produced 20 kinds of vegetables -- from seventy-five plantings in all, planting some kinds every few days to insure a long season of supply. That was enough for a family of 14 throughout the year, and yielded 400 quarts of vege-

tables for canning and a lot for market during the season. A record like that may be hard to duplicate, but to raise a half, or a quarter, or an eighth that much would be worth while.

How much, then, shall we plant in order to feed the family throughout the year with fresh home-grown vegetables in season, some more for canning and putting away for winter? That will depend partly upon the climate and the soil but here is a recommendation from the Extension Service of the University of Illinois, appropriate for that part of the country.

The list is given by groups of vegetables, with the quantities to plant to provide a given number of servings per person per week. These quantities should be multiplied by the number of persons in the family.

Tomatoes: For 6 servings per person every week, or 312 during the year, put out 15 tomato plants.

Cabbage, lettuce, spinach: For 6 servings per person every week, or 312 for the year, set out 18 cabbage plants in the spring and 18 more in the fall. Plant 9 feet of lettuce in the spring, 6 feet in the fall; 15 feet of spinach in the spring and the same in the fall.

Carrots, turnips, beets, parsnips, onions: For 6 servings weekly, or 312 per year, plant 15 feet of carrots spring and fall; 10 feet of turnips in the spring,15 feet in the fall; 10 feet of beets spring and fall; 6 feet of parsnips; 20 feet of onions.

String beans, asparagus, cauliflower, celery: At least 1 serving a week or about 60 per year. Plant 36 feet of string beans; 8 crowns of asparagus; 4 plants of cauliflower spring and fall; 8 plants of celery.

Peas, beans (dried), corn: For 2 servings a week, or 114 per year, plant 45 feet of peas; 60 feet of beans; and 100 feet of sweet corn.

Potatoes (white), potatoes (sweet), squash: For 7 or more servings per week, or about 400 per year, plant 200 feet of white potatoes; 50 feet of sweetpotatoes; 1 squash plant in the spring, 3 in the fall.

You would not need, of course, to raise all the vegetables in the list in order to have a balanced supply. The idea is that you would choose from the groups according to the family preferences. Or you might substitute beet tops, turnip

tops, kale, brussels sprouts or chard for the cabbage, lettuce, or spinach; broccoli, okra, or eggplant for beans, asparagus, cauliflower, or celery. A family of five would need, in all, something like 40 or 45 pounds of vegetables per week, at least, or more than 2,000 pounds for the year.

To get the most out of any garden, keep the land working every minute of the growing season. This is the advice of one of the garden specialists of the U. S. Department of Agriculture, W. R. Beattie, whose garden is in Maryland, near the District of Columbia line. Of peas, Mr. Beattie says, he puts in 3 rows, each about 100 feet long, plantings about a week apart, 1 row at a time. "That gives us peas for 3 or 4 weeks. I plant snap beans every 2 weeks in the early part of the season. In addition I make 2 or 3 fall plantings, besides 1 or 2 special plantings just for canning. One row of carrots, 1 of beets -- no garden would be complete without those two vegetables, and I make 2 plantings. The first planting, made very early, is for spring and summer use, the late planting is for storage. Beet tops are another good leafy vegetable. When I thin my beets, we always use the tender young plants as beet greens."

Two plantings of tomatoes -- 25 to 30 early plants pruned and tied to stakes, and about 50 late plants allowed to grow as they will on the ground, should yield plenty of ripe tomatoes for summer use, enough for canning, and also some green tomatoes for pickling, says Mr. Beattie. He suggests also 5 or 6 hills of early summer squashes, and 4 or 5 hills of cucumbers, also a row or two of lima beans. But a half-acre garden would not be big enough to include all of the late potatoes, sweetpotatoes, squashes, or sweet corn for canning or drying, and so a place for these should be provided outside of the regular garden.

To the family of small income, the great importance of the garden lies in the fact that it furnishes the protective foods which might not be within reach if they had to be bought. Corn meal, flour, and cereals, sugar and fats cost less than vegetables, as a rule, and a limited food supply is likely to mean a one-sided diet composed of a few of the cheapest foods. Such one-sidedness is almost certain to cause malnutrition and illness. Garden crops are a protection to the family health.

## LOW-COST MENU FOR ONE DAY

### Breakfast

Hot Cereal - Top Milk - Toast
Tomato Juice (baby)
Coffee (adults) - Milk (children)

### Dinner

Shoulder Pork Chops
Mashed Potatoes and Gravy
Spring Onions on Toast
Canned Fruit
Tea (adults) - Milk (children)

### Supper

Boiled Beans - Catsup
Steamed Brown Bread and Butter
Jelly or Preserves
Milk for all

## RECIPES

### Spring Onions on Toast

Allow 6 or 7 finger-sized onions for each serving. Trim off the green tops, cook the onions until tender in lightly salted boiling water in an uncovered vessel. This will take only about 20 minutes for fresh, young onions. When they have cooked tender, drain, add more salt if needed, and season with melted butter. In the meantime toast slices of bread. Arrange the onions in the same way as asparagus on toast, and serve at once.

### Spinach

Carefully pick over the spinach, discard wilted leaves, cut off the stem ends, and wash in several waters to remove grit. If the spinach is young and tender, it can be cooked in the water that clings to the leaves. Start the cooking at moderate heat, cover the kettle at first, turn the spinach now and then until thoroughly wilted, then remove the cover, and stir frequently. Cook about 10 to 15 minutes (a quantity of 2 pounds), chop fine, season with pepper, salt, and butter, or other fat, and serve. Spinach cooked in this way will retain its attractive green color and fresh flavor.

Older spinach is better if cooked in a small quantity of water for about 20 minutes, then drained, chopped, and seasoned with butter or other fat, pepper, and salt. To vary the flavor, brown a small quantity of finely cut onion in the fat before adding it to the spinach, or season with vinegar and bits of crisped salt pork or bacon, or serve with olive oil and sections of lemon. Sliced or chopped hard-cooked egg is of course always attractive served on spinach.

### Wilted Garden Lettuce

Wash and drain the lettuce thoroughly. Fry diced salt pork or strips of bacon until crisp. If bacon, break the crisp slices, after frying, into small pieces. Pour the fat and the crisp pieces over the lettuce, which has been placed in a hot vegetable dish. Serve at once, with slices of hard-cooked egg over the top, if desired, and a little vinegar or lemon juice for added seasoning.

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